

Robot-Coupe
recipes by
Thuriès
Magazine

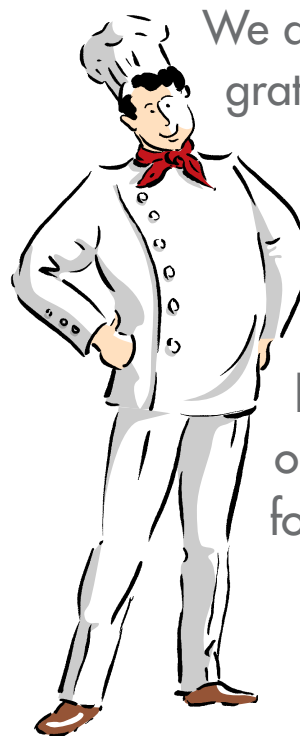
Issue n°3

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Robot-Coupe and Thuriès Magazine Gastronomie have joined forces to produce this exciting new recipe book.

Using your Robot-Coupe appliances, you will find these recipes extremely simple to follow and we guarantee that you will be impressed by the quality of the end products.



We are particularly grateful to Jean-François Arnaud and Davy Tissot for providing the excellent recipes you will have the pleasure of discovering in the following pages.

Provençal-style red mullet in vinaigrette with pan-fried vegetables

A Robot-Coupe recipe ●



Ingredients

Serves 4

6	red mullets (each weighing approx. 150 g)
qs	garlic, thyme, rosemary, fresh coriander, olive oil, salt, pepper, lemon juice
2	artichokes
1	cooked beetroot
2	carrots
1	bunch asparagus
1/4	head of broccoli
2	tomatoes
4	cherry tomatoes
10	black olives
30 g	toasted pine kernels

Vinaigrette:

50 ml	walnut oil
50 g	aged red wine vinegar
50 g	olive oil
50 g	Suze
50 g	mussel jus
50 g	soy sauce

PREPARATION De-scale the fish, cut into fillets, remove the bones and marinate in a shallow dish with olive oil, thyme, garlic and coriander for approx. 30 minutes. Prepare the artichokes, cut into six segments and set aside in water with a generous dash of lemon juice. Peel the beetroot and carrots and cut into sticks measuring 5 mm across. Boil the asparagus, carrots and broccoli separately. Skin, de-seed and quarter the tomatoes, and roast in the oven at 80 °C with olive oil, thyme, salt and pepper.

VINAIGRETTE Put all the ingredients for the vinaigrette in you Mini MP 170 V.V. Blend and set aside.

COOKING Fry the mullet fillets, skin down, in a nonstick frying pan for approximately one minute, with some of the marinade (olive oil, garlic, coriander, salt, pepper, rosemary), turn over and pat with kitchen paper.

Fry all the vegetables in olive oil over a high heat, add the roast tomatoes and the olives and check the seasoning.

FINISHING TOUCHES AND PRESENTATION Arrange three fillets on each plate, together with some of the pan-fried vegetables. Coat the fish with the vinaigrette and scatter with pine kernels.

Decorate with sprigs of rosemary.

Spiny lobster on a bed of red cabbage and cinnamon confit, served with a beetroot jus

A Robot-Coupe recipe ●



Ingredients

Serves 4

4	small spiny lobsters (each weighing approx. 400 g)
1	red cabbage
100 g	butter (50 + 50)
2	cinnamon sticks
400 g	sugar
300 g	water
300 g	raspberry-flavoured vinegar
1	beetroot
100 g	sweet white wine (Gaillac)
50 g	olive oil
qs	To decorate: beetroot crisps, cinnamon, salt, pepper, roast baby beetroots, basil

Court bouillon :

5	carrots
5	onions
1	small celeriac
1	fennel bulb
1	handful coarse sea salt

PREPARATION Tie the spiny lobsters to a piece of wood or suspend them from a string and boil them in a court bouillon for 5 minutes. Plunge them into ice to halt the cooking process. Drain, remove the meat from the shells and set aside.

Next, cut the cabbage into eight, remove the central core, and slice. Cook gently in butter in a sauté pan, add the cinnamon sticks, sugar, water and raspberry vinegar, and simmer with the lid on for approximately 30 minutes, until all the liquid has evaporated. Check the seasoning. The cabbage should have a melting consistency.

BETROOT JUS Boil the beetroot, peel it and purée with the sweet white wine. Next, blend it with the olive oil using the Mini MP 170 V.V. Season and set aside.

FINISHING TOUCHES Pan-fry the lobster tails in foaming butter for one minute, then cut into thin slices.

PRESENTATION Place a mound of red cabbage on each plate using a pastry cutter, arrange the sliced lobster tail on top and pour over some of the beetroot jus. Decorate with beetroot crisps, a cinnamon stick, a roast baby beetroot and a sprig of basil.



1

Using the vegetable preparation attachment of the Robot-Coupe R 602 V.V fitted with the 5 x 5 mm brunoise accessory, cut the carrot, celeriac and courgette into dice.



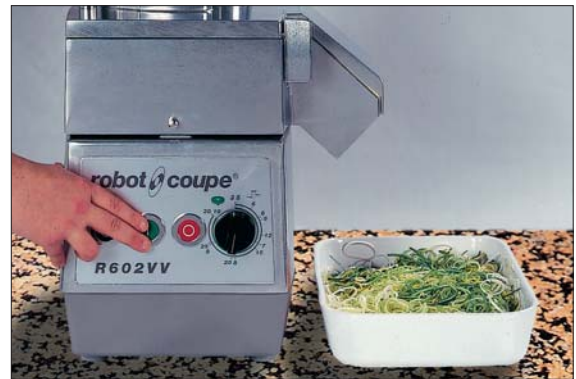
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Remove the meat from the uncooked lobsters, including the coral.



3

Using the R 602 V.V. in its cutter mixer version, process the lobster meat with the eggs, then add the creams.



4

Switch to the vegetable preparation attachment, fitted with the slicing disc, and slice the carrots, leeks and turnips.



5

Blend the ingredients of the orange butter sauce together in the Robot-Coupe Blixer[®] 3.



6

After steaming the lobster mousses, remove the cling film.

Breton lobster mousse, vegetables cooked in white wine and orange butter sauce

A Robot-Coupe recipe ●



Ingredients

Serves 10

10	Brittany lobsters (each weighing 500 g)
200 g	vegetable brunoise (carrot, celeriac, courgette)
2	carrots
2	leeks
2	turnips
500 g	dry white wine
500 g	olive oil
qs	salt, pepper, gingerbread spices
4	whole eggs
4	egg whites
400 g	thick cream
400 g	single cream
500 g	orange juice
60 g	sugar
500 g	butter
200 g	balsamic vinegar
qs	To decorate: dill, chives, cherry tomatoes

PREPARATION Boil the diced vegetables, drain and set aside.

Peel and slice the carrots, leeks and turnips. Cook them in the white wine, olive oil, salt and pepper. Drain and set aside.

METHOD Remove the meat from the uncooked lobsters, including the coral. Using the Robot-Coupe R 602 V.V. in its cutter mixer version, blend the meat with the whole eggs, egg whites, salt and pepper, then add the creams. Fold in the diced vegetables using a rubber spatula and pipe the mixture onto pieces of cling film. Secure the film at each end to form a "Christmas cracker" and steam for 10-15 minutes.

ORANGE BUTTER SAUCE Reduce the orange juice, sugar and a pinch of gingerbread spices by a 2/3. Using the Robot-Coupe blender, whisk in the butter to make the sauce. Check the seasoning.

FINISHING TOUCHES Reduce the balsamic vinegar to a thick syrup.

PRESENTATION Arrange some of the vegetables on each plate, place two lobster mousses on top, pour round the orange butter sauce and the balsamic vinegar reduction.

Decorate with dill, chives and cherry tomatoes.



1

Using the R 602 V.V. in its vegetable preparation version, fitted with a 3-mm slicing disc, cut the baby courgettes into slices.



2

Using the R 3 V.V. cutter, make the green and black olive crust, gradually increasing the speed from 300 to 1,500 rpm.



3

In a Blixer® 3, chop the ingredients for the pistou emulsion.



4

Using the C 80 automatic sieve, strain the crayfish stock.



5

When the time comes, make the pistou emulsion using the Mini MP 170 V.V., fitted with the emulsifying disc.



6

Make the dough for the tapenade pastry using the R 602 V.V. in its cutter mixer version, gradually increasing the speed from 300 to 1,500 rpm.

Roast sea bass in a green and black olive crust, with a pistou emulsion and crayfish jus

A Robot-Coupe recipe ●



PREPARATION Cut each sea bass fillet in half to obtain 4 thick rectangular pieces. Set aside. Wash the courgettes and cut into slices using the R 602 V.V., in its vegetable preparation version, fitted with a 3-mm slicing disc. Sauté them in olive oil with the thyme. When they are cooked, add the snipped basil and season. De-vein the crayfish and roast them in a high-sided cooking pot. Peel the tails and set aside. Put the crayfish heads back in the pot to make some stock. Strain using the C 80 automatic sieve, check the seasoning and whisk in the butter.

BLACK AND GREEN OLIVE CRUST In an R 3 V.V. cutter mixer, chop the green olives with half the ingredients, gradually increasing the speed from 300 to 1,500 rpm to achieve a smooth consistency. Do the same with the black olives and the remaining ingredients. Roll out the pastes and arrange them in alternate bands on a sheet of baking parchment. Put in the refrigerator to set. Just before cooking the sea bass, cut strips of crust to fit the shape of each fish rectangle.

PISTOU EMULSION Process the pistou ingredients in a Blixer 3 until the mixture is uniformly green. Just before serving, blend it using the Mini MP 170 V.V. fitted with the emulsifying disc.

COOKING Sauté the sea bass skinside down until lightly browned and the flesh cooked 3/4 through, then cover with the green and olive crust and complete the cooking in the oven at 200 °C.

TAPENADE PASTRY Using the R 602 V.V. in its cutter mixer version, make a pastry using 600 g T55 flour, 400 g wholemeal flour, 20 g salt and 200 g olive oil, gradually increasing the speed from 300 to 1,500 rpm. Leave to rest for approximately 20 minutes, then roll out into two sheets. Place one on top of the other, with a layer of tapenade sandwiched in between. Cut into the desired shapes and bake in the oven at 180 °C until golden.

PRESENTATION Place a tapenade pastry on a bed of courgettes in each plate and lay a sea bass rectangle on top, garnished with 3 crayfish tails. Pour over the crayfish jus, followed by the pistou emulsion. Decorate with chives.

Ingredients

Serves approximately 4

2	fillets sea bass (each weighing approx. 300 g)
24	baby courgettes
qs	salt, pepper, olive oil, thyme, basil, chives, butter
12	crayfish

Black and green olive crust:

50 g	green olives
140 g	bread with the crusts removed (70 + 70)
12 g	garlic (6 + 6)
qs	fresh thyme
20 g	parsley (10 + 10)
20 g	tarragon (10 + 10)
30 g	parmesan (15 + 15)
4	fromage frais (2 + 2)
4	tablespoons olive oil
50 g	black olives

Pistou emulsion:

3	garlic cloves
10 g	pine kernels
1	anchovy fillet
10 g	parmesan
1/2	bunch basil
200 g	olive oil



1

Make the flaky pastry dough using the R 602 V.V. in its cutter mixer version, gradually increasing the speed from 300 to 1,500 rpm.



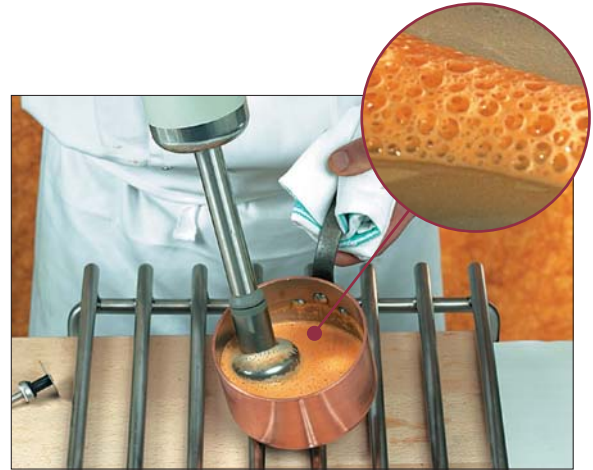
2

Using the C 80 automatic sieve, strain the lobster stock.



3

Process the tomato compote using the Mini MP 170 V.V. fitted with the blade assembly, varying the speed setting.



4

Make the foaming red pepper sauce using the Mini MP 170 V.V. fitted with the emulsifying disc.

Flaky pastry topped with crayfish tails in a pool of foaming red pepper sauce

A Robot-Coupe recipe by
Davy Tissot



Ingredients

Serves approximately 4

8	crayfish
1	small artichoke
2	green asparagus spears
1	small courgette
qs	olive oil, salt, pepper, garlic, thyme, basil
2	finely-chopped shallots
100 g	sliced cultivated mushrooms
3	fresh tomatoes
500 g	lobster stock (reduced to a glaze)
2	red peppers
1	tablespoon olive oil
250 g	whipped cream
4	large fingers flaky pastry (ready baked)
4	roast tomatoes cut into quarters
4	thin slices Jabugo ham
4	roast garlic cloves
2	anchovy fillets (in brine)

PREPARATION Detach the crayfish heads and peel the tails. Set both aside.

Prepare the artichoke and cut into quarters. Peel the asparagus spears, reduce to 6 cm in length and cut into two lengthways. Cut the courgette into round slices.

In a high-sided cooking pot, gently cook the artichoke quarters in olive oil, add the asparagus, then the sliced courgette. Season and set aside.

TOMATO COMPOTE Soften the shallots in olive oil with the garlic and thyme, add the mushrooms, fry until golden, add the tomatoes cut into quarters and simmer for approximately 20 minutes. Using the Robot-Coupe Mini MP 170 V.V., fitted with the blade assembly, blend the vegetables, gradually adding the lobster stock and varying the speed setting.

FOAMING RED PEPPER SAUCE Bake the red peppers in the oven at 180 °C with the garlic and thyme. Skin, then blend in the olive oil using the Mini MP 170 V.V. fitted with the blade assembly. Heat the mixture and blend in the whipped cream, again using the Mini MP 170 V.V., this time fitted with the emulsifying disc. Check the seasoning.

FINISHING TOUCHES AND PRESENTATION Lay a finger of flaky pastry on each plate and spread it with some of the tomato compote. Top it with the crayfish tails, roast tomatoes, Jabugo ham, asparagus, roast garlic, artichoke, sliced courgette and 1/2 anchovy fillet. Pour over the foaming red pepper sauce. Decorate with basil and a crayfish head.



1

Using the R 602 V.V. in its vegetable preparation version, fitted with the dicing attachment (5 x 5 mm), cut the red peppers and courgettes into dice.



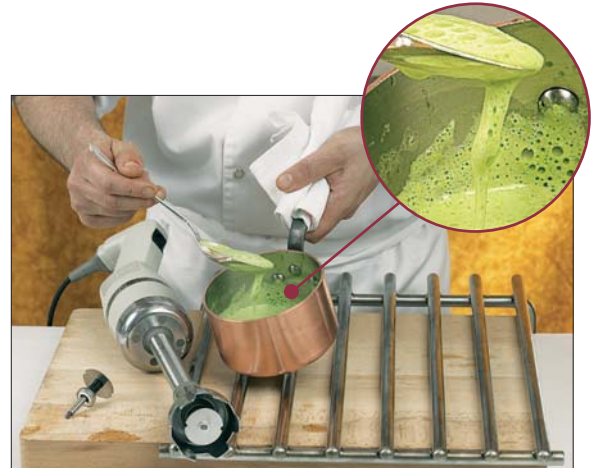
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Strain the lobster stock through the C 80 automatic sieve.



3

Make the fritter batter using the R 3 V.V. cutter mixer, gradually increasing the speed from 300 to 1,500 rpm.



4

Just before serving, blend the wild garlic cream sauce using the Mini MP 170 V.V., fitted with the emulsifying disc, varying the speed setting.

Courgette flowers stuffed with lobster à la niçoise, foaming wild garlic sauce

A Robot-Coupe recipe by
Davy Tissot



Ingredients

Serves 10

8	courgettes with flowers
150 g	garniture aromatique (carrots, onions, leeks, bouquet garni, etc.)
1	lobster
100 g	dry white wine
1	green pepper
1	red pepper
1	yellow pepper
20 g	stoned black Taggiasche olives
qs	snipped basil, salt, pepper, Tabasco, crayfish tails, chives

Foaming wild garlic cream:

1	soft-boiled egg
60 g	wild garlic leaves
100 g	olive oil

Fritter batter:

125 g	flour
1	egg
1	pinch salt
1	tablespoon olive oil
200 g	beer

PREPARATION In a cast-iron pan, fry the garniture aromatique, add the lobster and brown all over to seal in the flavour, then simmer with the lid on for 8 minutes. Remove the lobster, remove the meat and cut into tiny dice. Return the shell to the pan, deglaze with the white wine, add cold water to cover and simmer gently for approximately 1 hour. Strain through the Robot-Coupe C 80 automatic sieve and reduce the liquid to obtain 250 g stock. Using the R 602 V.V. in its vegetable preparation version, fitted with the dicing attachment (5 x 5 mm), cut the peppers and courgettes.

METHOD Combine the diced peppers, courgettes and lobster meat, add the chopped black olives, bind with the lobster stock reduction, add the snipped basil and season. Stuff four of the courgette

flowers with this mixture, wrap in cling film and cook in a steam oven at 100 °C for approximately 3 minutes.

FOAMING WILD GARLIC SAUCE Blend all the sauce ingredients in a Blixer[®] 3, heat the mixture and just before serving, whisk it with Min MP170 V.V. stick blender, varying the speed setting. Season with salt, pepper and Tabasco.

COURGETTE FLOWER FRITTERS In an R 3 V.V. cutter mixer, combine the flour, egg, salt and olive oil at 300 rpm, then incorporate the beer, gradually increasing the speed to 1,500 rpm. Leave in the refrigerator for approximately 1 hour, then dip the four remaining flowers in the mixture and deep-fry at 160 °C.

FINISHING TOUCHES AND PRESENTATION Pour a little foaming cream sauce into each soup plate, place a stuffed courgette flower in the centre and top this with a courgette flower fritter. Decorate with crayfish tails, basil and chives.



1

Make the flan pastry using the Robot-Coupe R 602 V.V. in its cutter version, gradually increasing the speed from 300 to 1,500 rpm.



2

Using the Robot-Coupe R 602 V.V. in its vegetable preparation version, fitted with a 3-mm slicing disc, cut the courgettes, aubergines and tomatoes.



3

Again using the Robot-Coupe R602 V.V. in its vegetable preparation version, this time fitted with a dicing attachment (5 x 5 mm), cut the carrots into dice.



4

Using the Mini MP 170 V.V. stick blender, make the carrot mousses.



5

Again using the Mini MP 170 V.V., process the turnips with the reduced cream.



6

Coat the turnip tops in egg white, then in kadaif batter, and deep-fry at 170 °C. Drain on kitchen paper.

Vegetable millefeuille with a carrot mousse, turnip and vanilla coulis

A Robot-Coupe recipe by
Jean-François Arnaud



Ingredients

Serves approximately 10

6	tomatoes
2	courgettes
2	aubergines
qs	olive oil, salt, pepper, Provençal herbs, beaten egg, caramel, butter, egg white, kadaif vermicelli, vegetable stock
700 g	carrots (300 + 400)
2	bunches young turnips with their tops
60 g	butter
2	leaves gelatine, soaked and squeezed dry (i.e. 4 g)
160 g	whipped cream
250 g	turnips
250 g	cream
1	vanilla pod (split lengthways and scraped)

Rich flan pastry:

750 g	flour
375 g	butter
30 g	sugar
4 g	salt
1	egg
2	egg yolks
90 g	water

PREPARATION Wash the tomatoes, courgettes and aubergines, cut into round slices using the Robot-Coupe R 602 V.V. in its vegetable preparation version, fitted with a 3-mm slicing disc. Arrange alternate layers of courgette, tomato and aubergine to form a rosette in 10-cm diameter Flexipan moulds. Sprinkle with olive oil and season with salt, pepper and herbs. Bake in the oven at 200 °C for approximately 15 minutes.

Peel 300 g carrots, cut into tiny dice using the R602 V.V. in its vegetable preparation version, fitted with a dicing attachment (5 x 5 mm). Gently cook the resulting dice in butter, season and set aside. Peel the young turnips, boil and drain. Just before serving, roll them in egg white, then in the vermicelli batter and deep-fry at 160 °C. Drain on kitchen paper.

RICH FLAN PASTRY Using the R 602 V.V. in its cutter version, combine the flour and butter at the 300 rpm setting, at an ambient temperature of approximately 18 °C, for approx. 3 minutes, until the mixture resembles fine breadcrumbs. Add the remaining ingredients and process at the 500 rpm setting until the mixture forms a ball. Roll out on a pastry relief mat and leave in the refrigerator for approximately 1 hour. Cut into rectangles (10 x 5 cm), brush with salted beaten egg and liquid caramel and bake in the oven at 170 °C for 12-15 minutes.

CARROT MOUSSE Peel the remaining carrots and chop into chunks. Cook in vegetable stock, drain and blend using the Robot-Coupe Mini MP 170 V.V., varying the speed setting. Add the butter, then the gelatine melted in the microwave and gently fold in the whipped cream. Spoon into Flexipan quenelle moulds and leave to set in the refrigerator.

TURNIP AND VANILLA COULIS Peel the turnips, boil and drain.

Reduce the cream with the vanilla pod, split lengthways and scraped. Using the Robot-Coupe Mini MP 170 V.V., blend the turnips with the reduced cream, varying the speed setting, until the mixture is smooth and creamy.

FINISHING TOUCHES AND PRESENTATION Remove the vegetable rosettes from their moulds and cut each one in half. Assemble the millefeuilles (flan pastry, vegetables, flan pastry, vegetables), press down gently, and stand one on its side on each plate, accompanied by a carrot mousse and three baby turnips. Pour over the turnip and vanilla coulis.

Decorate with diced carrot and a vanilla pod (dried).



1

Using the R 602 V.V. in its cutter version, chop the almonds with the icing sugar, lemon peel, desiccated coconut and pistachios, gradually increasing the speed from 300 to 1,500 rpm.



2

Using the Mini MP 170 V.V. stick blender, fitted with the blade assembly, make the sabayon sauce, varying the speed setting.



3

Using the R 602 V.V. in its cutter mixer version, grind the cooked sugar into a powder, gradually increasing the speed from 300 to 1,500 rpm., then add the desiccated coconut.



4

Sort and wash the strawberries. Process them in the C 40 PressCoulis to obtain 500 g strawberry pulp.

STRAWBERRY JUICE

Ingredients

Serves approximately 15

250 g strawberries (approximately)
40 g sugar
1,5 leaves gelatine, soaked and squeezed dry (i.e. 3.75 g)

METHOD Sort and wash the strawberries. Process them in the C 40 PressCoulis to obtain 150 g pulp. Warm slightly, add the sugar and gelatine and set aside.

VANILLA EMULSION

Ingredients

Serves approximately 15

500 g cream
1 vanilla pod
6 egg yolks
50 g sugar

METHOD Bring the cream and vanilla to the boil and pour onto the egg yolks beaten with the sugar. Cook until the mixture reaches a temperature of 85 °C, strain through a conical sieve, pour into a siphon bottle and set aside in the refrigerator.

ASSEMBLY Pipe some of the lemon and white chocolate sabayon sauce onto a slice of lemon and coconut dacquoise cake, cover with a coconut and pistachio wafer and top with a vanilla pod.

Line a small glass with slices of strawberry and fill with the vanilla emulsion, followed by the strawberry juice.

FINISHING TOUCHES AND PRESENTATION

Place the cake on a plate, accompanied by a scoop of strawberry sorbet and a glass of vanilla emulsion. Pour over a little strawberry juice. Decorate as wished.

Strawberry, lemon and coconut dessert, vanilla emulsion

A Robot-Coupe recipe by
Jean-François Arnaud



LEMON AND WHITE CHOCOLATE SABAYON SAUCE

Ingredients

Serves approximately 15

1	lemon zest, chopped
300 g	cream
3	egg yolks
40 g	sugar
1	leaf gelatine, soaked and squeezed dry (i.e. 2.5 g)
90 g	white chocolate coating (pistoles or chopped)

METHOD Infuse the lemon peel in the cream, pour over the egg yolks beaten with the sugar and cook at a temperature of 83 °C. Remove from the heat, add the gelatine, pour over the chocolate, blend using the Mini MP 170 V.V., fitted with the blade assembly, varying the speed setting. Place in the refrigerator for approximately 24 hours, then whisk.

STRAWBERRY SORBET

Ingredients

Serves approximately 15

800 g	strawberries (approx.)
120 g	water
160 g	sugar
50 g	glucose powder
3 g	stabilizer

METHOD Sort and wash the strawberries, process in the C 40 Press-Coulis to obtain 500 g strawberry pulp. Heat the water, sprinkle in the sugar, glucose and stabilizer, bring up to a temperature of 85 °C, pour over the strawberry pulp and leave to mature for a few hours. Process in an ice cream maker and store in the freezer.

LEMON AND COCONUT DACQUOISE CAKE

Ingredients

Serves approximately 15

7	egg whites (i.e. 7)
80 g	caster sugar
200 g	whole skinned almonds
120 g	icing sugar
1	lemon zest
65 g	desiccated coconut
30 g	pistachios

METHOD Beat the egg whites, add the sugar and continue beating until stiff. Using the R 602 V.V. in its cutter mixer version, blend the remaining ingredients, gradually increasing the speed from 300 to 1,500 rpm. Fold the resulting powder into the egg whites using a rubber spatula, spoon the mixture into a frame (60 x 10 cm) and bake in the oven at 160 °C for approximately 30 minutes. Just before assembling the cake, moisten with lemon juice and cut into slices 2.5 cm wide.

COCONUT AND PISTACHIO WAFER

Ingredients

Serves approximately 15

120 ml	Wasser
350 g	Zucker
120 g	Traubenzucker
50 g	geraspelte Kokosnuss
	geriebene Pistazien

METHOD Boil the water, sugar and glucose over a high heat at 160 °C, pour onto a Silpat mat and allow to cool. Using the R 602 V.V. in its cutter mixer version, grind the hardened sugar into a powder, gradually increasing the speed from 300 to 1,500 rpm. Add the desiccated coconut. With the help of a stencil, sift the powder onto a Silpat mat to form a series of rectangles (2.5 cm x 10 cm). Dust with the ground pistachios, melt in the oven at 160 °C and leave to cool.



1

Using the Robot-Coupe R 602 combined model in its cutter mixer version, blend the joconde cake mixture.



2

Line a log mould with strips of marbled joconde cake.



3

Pour a thin layer of champagne mousse into the bottom of the mould.



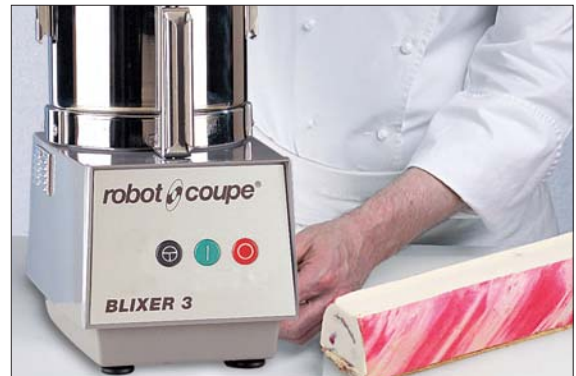
4

Using the Robot-Coupe CMP 250 V.V. stick blender, incorporate the butter into the strawberry cream, varying the speed setting.



5

Push lychees and semi-confit strawberries into the strawberry cream.



6

Using the Robot-Coupe Blixer® 3, process the glucose, strawberries and apricot coating to make the strawberry sauce coating.

Champagne log

A Robot-Coupe recipe by
Jean-François Arnaud



CIGARETTE PASTRY

RECIPE AND METHOD approximately 3 sheets (40 x 60 cm)
Cream 100 g kneaded butter with 100 g icing sugar, add 100 g raw egg whites (i.e. 3) at room temperature, then 100 g sifted flour. Divide the dough into two, colour one with titanium dioxide, the other with raspberry red food colouring. Using a palette knife, spread the mixtures onto a Silpat mat to produce a marbling effect. Put in the refrigerator to set.

MARBLED JOCONDE CAKE

RECIPE AND METHOD approximately 3 sheets (40 x 60 cm)
In a Robot-Coupe R602 in its cutter mixer version, blend 400 g ground almonds with 120 g flour, 225 g icing sugar and 11 whole eggs.
Beat 350 g egg whites (i.e. 12), add 250 g granulated sugar and continue beating until stiff. Combine the two mixtures using a rubber spatula and add 75 g melted butter. Spread 650 g cake mixture onto a sheet of marbled

cigarette pastry and bake for approximately 9 minutes in the oven at 210/220 °C. Remove from the mat while still hot.

CHAMPAGNE MOUSSE

RECIPE AND METHOD approximately 3 logs
Beat 12 egg yolks with 150 g sugar, the zest of 1 lemon and the zest of 1 orange. Stir in 375 g champagne and poach in a bain marie at 82 °C. Whisk the mixture continually as it cools. Incorporate 8 leaves of gelatine (i.e. 20 g) that have been soaked, squeezed and melted, then 750 g whipped cream. Assemble the log immediately.

CHAMPAGNE SYRUP

RECIPE AND METHOD approximately 3 logs
Blend 250 g champagne with 70 g lychee liqueur and use it to moisten the cake.

STRAWBERRY CREAM

RECIPE AND METHOD approximately 3 logs
Blend 560 g whole strawberries in the Robot-Coupe GT550 blender. Beat 10 egg yolks with 200 g sugar, stir in the blended strawberries and heat the mixture up to simmering point. Add 7 leaves of gelatine (i.e. 17.5 g) that have been soaked and squeezed, then chill. Using the Robot-Coupe CMP250 V.V. stick blender, gradually incorporate 165 g kneaded butter, chill, then transfer to the piping bag.

STRAWBERRY SAUCE COATING

RECIPE AND METHOD approximately 3 logs
Using the Robot-Coupe GT550, blend 250 g apricot coating with 200 g semi-confit strawberries (drained) and 125 g glucose, then coat the log.

SEMI-CONFIT STRAWBERRIES

RECIPE AND METHOD approximately 3 logs
Bring 75 g water to the boil with 600 g sugar, 170 g glucose and 150 g lemon juice. Poach 1 kg strawberries for approx. 2 minutes, then remove from the heat and leave to "mature" for a few hours.

ASSEMBLY Line a log mould measuring 50 cm long and 8 cm wide with 2 strips of joconde cake. Add a layer of champagne mousse, lay a strip of cake soaked in champagne syrup on top, cover with another layer of champagne mousse, add a second strip of moistened cake and coat this in a layer of strawberry cream. Arrange lychees in syrup and semi-confit strawberries on top, add a final topping of strawberry cream and place in the refrigerator to set.

FINISHING TOUCHES AND PRESENTATION Turn the log out of the mould onto a shortcrust pastry base and top with a thick layer of strawberry sauce coating. Cut into slices.
Decorate with lychees, strawberries, goldleaf, sugar and chocolate decorations.

Passion

A Robot-Coupe recipe by
Jean-François Arnaud



Ingredients for approx. 2 frames (28 x 28 cm)

Apricot fruit paste:

680 g	apricot purée
18 g	pectin
820 g	sugar (80 + 740)
170 g	glucose
12 g	tartaric acid

Passion fruit ganache

400 g	passion fruit juice
100 g	apricot purée
200 g	invert sugar (Trimoline)
60 g	sorbitol
1 kg	pistoles milk chocolate coating
300 g	kneaded butter
qs	dark chocolate coating (70%)

APRICOT FRUIT PASTE

HEAT the apricot purée to 40 °C, add the pectin, combined with 80 g sugar, bring to the boil, sprinkle with the remaining sugar, then the glucose. Cook the mixture at a temperature of 106 °C, add the tartaric acid and pour into a frame on a Silpat mat. When it has crystallized, turn the fruit paste over (still in its frame), cover it with a thin layer of dark chocolate coating and turn it back over again.

PASSION FRUIT GANACHE

BRING the passion fruit juice and apricot purée, invert sugar and sorbitol up to simmering point. Place the pistoles in the small bowl of the R 10 V.V., pour in the hot passion fruit juice, close, activate the vacuum pump and blend for 45 seconds, gradually increasing the speed from 300 to 1,500 rpm. Add the kneaded butter, switch the vacuum pump on again and blend for 40 seconds, gradually increasing the speed from 300 to 1,500 rpm. Pour immediately over the apricot fruit paste and leave to harden for approximately one night.

FINISHING TOUCHES AND PRESENTATION

REMOVE the frame and cut the preparation into squares (20 x 20 mm) using a guitar slicer. Cover each one with dark chocolate coating and immediately apply a transfer (PCB Création).



1 Using the Robot-Coupe CMP 170 V.V. stick blender, process the apricots to obtain 680 g purée.



2 Pour the apricot fruit paste into a frame on a Silpat mat.



3 Pour the passion fruit juice onto the chocolate pistoles in the bowl of the R 10 V.V. and activate the vacuum pump. Blend for 45 seconds, increasing the speed from 300 to 1,500 rpm.



4 Add the kneaded butter, switch the vacuum pump on again and process for 40 seconds.



5 Immediately pour the vacuum-prepared ganache on top of the apricot fruit paste.



6 Prepare the dark chocolate coating using the Robot-Coupe R 602 V.V. in its cutter mixer version. Chop the chocolate finely, gradually increasing the speed from 300 to 1,500 rpm, pour it into the hot, melted coating, stir to a smooth consistency and then coat the fruit pastes.

Pistachio

A Robot-Coupe recipe by
Jean-François Arnaud



Ingredients for approx. 2 frames (33 x 33 cm)

Pistachio almond paste:

500 g	unskinned almonds
150 g	water
300 g	sugar
100 g	glucose
100 g	invert sugar (Trimoline)
120 g	pistachio paste

Pistachio ganache:

550 g	cream
100 g	invert sugar (Trimoline)
40 g	pistachio paste
40 g	sorbitol
650 g	Caribbean chocolate coating in pistoles
150 g	dry butter
20 g	kirsch
qs	dark chocolate coating (70%)

PISTACHIO ALMOND PASTE

SKIN the almonds and harden them in the freezer. Heat the water, sugar, glucose and invert sugar to a temperature of 120 °C, pour over the almonds in the small bowl of the Robot-Coupe R 10 V.V. in its cutter mixer version and process, gradually increasing the speed from 300 to 1,500 rpm. Add the pistachio paste and blend to obtain a smooth paste (if the preparation reaches 80 °C, transfer it to a refrigerated marble slab and finish processing it later). Immediately roll it out between two guitar sheets the same size as the frame. Leave to crystallize.



1 Pour the cooked sugar onto the almonds in the bowl of the Robot-Coupe R 10 V.V. in its cutter mixer version. Process, gradually increasing the speed from 300 to 1,500 rpm, to obtain a paste.

PISTACHIO GANACHE

BRING the cream to the boil with the invert sugar, pistachio paste and sorbitol. Pour over the pistoles in the small bowl of the Robot-Coupe R10 V.V, activate the vacuum pump and blend for 45 seconds, gradually increasing the speed from 300 to 1,500 rpm. Add the kneaded butter and kirsch, switch the vacuum pump on again and blend for 45 seconds, gradually increasing the speed from 300 to 1,500 rpm. Immediately pour the vacuum-prepared ganache over the pistachio almond paste. Leave to crystallize for approximately one night.



2 Roll the almond paste out between two guitar sheets the same size as the frame.

FINISHING TOUCHES AND PRESENTATION

REMOVE the frame and cut the preparation into squares (2 x 2 cm) using a guitar slicer. Cover them with dark chocolate coating and immediately apply a transfer (PCB Création).

NOTE If you are using a dual-speed Robot-Coupe appliance, use the lower speed to make these recipes (i.e. 1,500 rpm).



3 Activate the vacuum pump, then process the ganache for 45 seconds, gradually increasing the speed from 300 and 1,500 rpm. Open the appliance to check the consistency.



4 Add the kneaded butter and the kirsch, switch the vacuum pump on again and blend for 45 seconds.



5 Immediately pour the vacuum-prepared ganache onto the pistachio almond paste.

Easter Delight

A Robot-Coupe recipe



ASSEMBLY (upside down) Place a guitar sheet in a frame (40 x 60 x 4.5 cm). Apply some of the ganache, using a stencil (here, the “bells” design), allow it to cool and cover with a thin layer of walnut praline cream. Lay a rectangle of chocolate, almond and walnut cake (moistened) on top, moisten it again and add a layer of walnut praline cream. Scatter with the buttered apples and slivers of caramelized walnuts, cover with a second rectangle of chocolate, almond and walnut cake and pour over the ganache. Add a third and final rectangle of cake, covered with a thin layer of dark chocolate coating. Leave to set in the refrigerator.

FINISHING TOUCHES AND PRESENTATION Turn the preparation the right way up, remove the frame and cut into individual servings. Give each of these a marbled coating. Decorate with chocolate, caramelized walnuts and gold leaf.

CHOCOLATE, ALMOND AND WALNUT CAKE

CARAMELIZED WALNUTS

WALNUT PRALINE CREAM

APPLES SOFTENED IN BUTTER

GANACHE

Ingredients

for approx. 3 sheets (40 x 60 cm)

200 g whole unskinned almonds
90 g walnut kernels
430 g icing sugar
480 g egg yolks (i.e. 24)
480 g egg whites (i.e. 24)
180 g granulated sugar
150 g flour
150 g cocoa powder

METHOD Using the Robot-Coupe R 602 V.V. combined model in its cutter mixer version, chop the almonds, walnuts and icing sugar. Gradually add the egg yolks and blend. Beat the egg whites, add the granulated sugar and continue beating until stiff. Fold in the nut mixture, using a rubber spatula, followed by the sifted flour and cocoa powder. Spread onto a sheet of baking parchment and bake in the oven at 210 °C for approximately 8 minutes.

Ingredients

for approx. 1 frame (40 x 60 x 4.5 cm)

50 ml water
350 g sugar
150 g glucose
500 g broken walnut kernels
20 g butter

METHOD Cook the glucose syrup until it forms a light caramel, combine with the walnuts (preheated in the oven). Add the butter, pour onto a sheet and leave to cool.

Ingredients

for approx. 1 frame (40 x 60 x 4.5 cm)

350 g caramelized walnuts
800 g milk
8 egg yolks
200 g sugar
70 g powdered cream
8 leaves gelatine, soaked and squeezed dry (i.e. 16 g)
1 litre cream

METHOD Using the Robot-Coupe R 602 V.V. combined model in its cutter mixer version, chop the caramelized walnuts, then pour them into the boiling milk. Beat the egg yolks with the sugar and powdered cream, then make a pastry cream with the flavoured milk. Allow to cool, then add the melted gelatine and softly-whipped cream. Assemble immediately.

Ingredients

for approx. 1 frame (40 x 60 x 4.5 cm)

1 kg diced apples (Golden Delicious)
100 g butter
100 g granulated sugar

METHOD Melt the butter and add the apple dice. Sprinkle with the sugar and cook over a low heat, without stewing the apple. Allow to cool and set aside.

Ingredients

for approx. 1 frame (40 x 60 x 4.5 cm)

400 g dark chocolate coating (70%)
350 g cream
75 g invert sugar (Trimoline)
75 g kneaded butter

METHOD Melt the chocolate at 40 °C, pour the invert sugar on top, then add the cream at 45 °C. Using the Robot-Coupe CMP 250 V.V., blend to obtain an “elastic” consistency. Incorporate the kneaded butter and use immediately.



Jean François Arnaud, was born into a family of pastry-cooks.

In 2001, after occupying several posts as Master Pastrychef, he moved to his current position as manager and curator of the Museum of Sugar Art. In 1998, he won First Prize at the Intersuc trade fair in Paris and in 2000 he was awarded the title of

Meilleur Ouvrier de France in the pastrycooking and confectionery category. He aims to maintain a consistently high standard of products and presentation, though never forgetting the human dimension to his art.



Davy Tissot, awarded the title of Meilleur Ouvrier de France in 2004, has had a spectacular start to his career. Aged just 31, this highly-talented young chef has already worked with some of the country's top chefs, including Jean Brouilly, Régis Marcon (Auberge des Cimes), Jacques Maximin and, more recently, Philippe Gauvreau. Just as Lyons, his

home city, lies at the crossroads between the coast and the mountains, so he sees food as a means of bringing together people from different backgrounds and traditions. A man of many human qualities, as well as being extremely talented, Davy Tissot seeks to share his artistic pursuit of new tastes and flavours with everyone who comes to the TERRASSES DE LYON restaurant.



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Head Office, French, Export and Marketing Department:

Tel.: + 33 1 43 98 88 33 - Fax: + 33 1 43 74 36 26
18, rue Clément Viénot - BP 157 94305 Vincennes Cedex - France
<http://www.robot-coupe.com> - email : international@robot-coupe.com

Robot-Coupe Australia: Tél.: 02-9417 6233 - Fax : 02-9417 6787
P.O. Box 146 - Northbridge NSW 1560 - <http://www.robotcoupe.com.au>

Robot-Coupe U.K. LTD: Tel.: 020 8232 1800 - Fax : 020 8568 4966
2, Fleming Way, Isleworth, Middlesex TW7 6EU - <http://www.robotcoupe.co.uk>

Robot-Coupe U.S.A.: Ph. : 1-800-824-1646 - Fax : 601-898-9134
P.O. Box 16625 - Jackson, Mississippi 39236-6625 - <http://www.robotcoupeusa.com>

A magazine where top professionals from the world of good food reveal their finest sweet and savoury recipes.

Thuriès Magazine Gastronomie's team of chefs have chosen to prepare their recipes using Robot-Coupe appliances.

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